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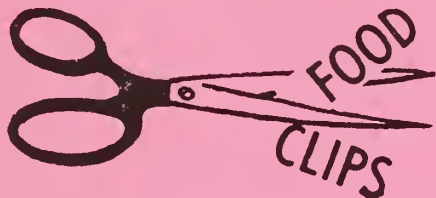
Food and Home Notes

UNITED STATES DEPARTMENT OF AGRICULTURE
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IN THIS ISSUE

- 1 - Outlook Conference - Set in November
- 2 - Food Preservation - Home Canning
- 3 - Monthly Feature - "Cost of Food at Home"
- 4 - Chart - Consumption of Potatoes

When you pare apples and pears, make parings as thin as possible remind USDA home economists. It pays to pare carefully -- avoid cutting chunks away if not necessary

* *

Some fruits -- apples, peaches, pears, and bananas -- turn brown if allowed to stand after they have been cut or peeled. To minimize discoloration, dip these fruits into citrus fruit juice (lemon, lime, orange, or grapefruit) or pineapple juice.

* *

The skin of ripe peaches and apricots sometimes adheres tightly. To loosen it for peeling, dip the fruit into boiling water for about 45 seconds, then into cold water. You can then grasp the loosened skin of the fruit. Peel gently, using the dull edge of a knife.

* *

Eggs are a natural emulsifier...they help to keep fat particles suspended in batters and to maintain smoothness according to U.S. Department of Agriculture home economists.

OUTLOOK CONFERENCE 1978

Retail food prices and supplies, family money management, consumer legislation, and food consumption are some of the subjects to be covered by the Food and Agricultural Outlook Conference (formerly called the National Outlook Conference) for 1978. The conference is slated for November 14-17, 1977 at the U.S. Department of Agriculture's Thomas Jefferson Auditorium, Washington, D.C.

Sponsored by the Economic Research Service, the Agricultural Research Service and the Extension Service, Outlook '78 will also focus on U.S. agricultural and general economics, world trade, weather patterns, emerging farm policy issues, farm inputs, food marketing/distribution, and major farm commodities, with sessions conducted by government and nongovernment authorities.

The Outlook conference is sponsored each year by the U.S. Department of Agriculture to provide the agricultural industry--from producers through consumers--with the latest information on production, prices, input supplies and the demand situation. A pre-conference schedule will be forthcoming as details are firmed up. The public is invited to attend--at no charge.

ON HOME CANNING

— AND...WHO DOES WHAT?

Home canners receive instructions on "how to" from many sources -- some more reliable than others, according to a survey report by the Agricultural Research Service, U.S. Department of Agriculture. Friends or relatives were the sources of instruction for almost 66 percent of the canners who were interviewed, while 20 percent used cookbooks. USDA publications, Extension service publications, personal recipes, canning equipment manufacturer's cookbooks and magazines or newspapers were each used by 10 percent of the canners.

Used jars designed especially for home canning were used by 94 percent of those canning vegetables and fruits other than jams and jellies. However, jars that once contained peanut butter, coffee, and salad dressing were used by 33 percent. Some canners used both regular home canning jars and nonstandard jars -- less than 1 percent of canners used tin cans.

USDA recommends the use of jars designed especially for home canning so that jars will be properly heat tempered, resistant to mechanical shock, the right size for the established processing time and temperature, and the proper size to fit standard home canning closures.

What were the most popular size jars for home canning? Eighty-five percent of the canners used quart size containers, and 65 percent used pint size jars... a relatively small percentage used 2 quart or 1½ pint jars.

About 90 percent of the canners used new flat metal lids with metal bands for canning fruits and vegetables, other than jams or jellies. Porcelain-lined zinc caps and reused flat metal lids with metal bands were used by 10 percent of the canners. The U.S. Department of Agriculture does not recommend reusing flat metal lids because once an indentation has been made in the sealing compound by the jar rim, the lid may not seal properly the second time. It pays to use caution in canning.

COST OF FOOD AT HOME FOR A WEEK (JUNE 1977)

	Thrifty plan	Low-cost plan	Moderate- cost plan	Liberal plan
FAMILIES				
Young couple.....	\$23.60	\$31.20	\$39.20	\$47.10
Elderly couple.....	21.20	27.90	34.60	41.40
Family of 4 with preschool children.....	33.20	43.40	54.10	65.00
Family of 4 with elementary school children.....	40.00	52.30	65.60	78.80
INDIVIDUALS*				
Women				
20-54 years.....	9.70	12.80	15.90	19.00
55 years and over.....	8.80	11.60	14.30	16.90
Men				
20-54 years.....	11.80	15.60	19.70	23.80
55 years and over.....	10.50	13.80	17.20	20.70
Children				
1-2 years.....	5.30	6.80	8.40	10.00
3-5 years.....	6.40	8.20	10.10	12.20
6-8 years.....	8.20	10.60	13.30	16.00
9-11 years.....	10.30	13.30	16.70	20.00
Girls 12-19 years.....	9.80	12.70	15.70	18.80
Boys 12-14 years.....	11.00	14.10	17.70	21.20
15-19 years.....	12.10	15.60	19.60	23.60

* Cost of food at home for any family can be figured by totaling costs shown for individuals of sex and age of various members of the family as follows:

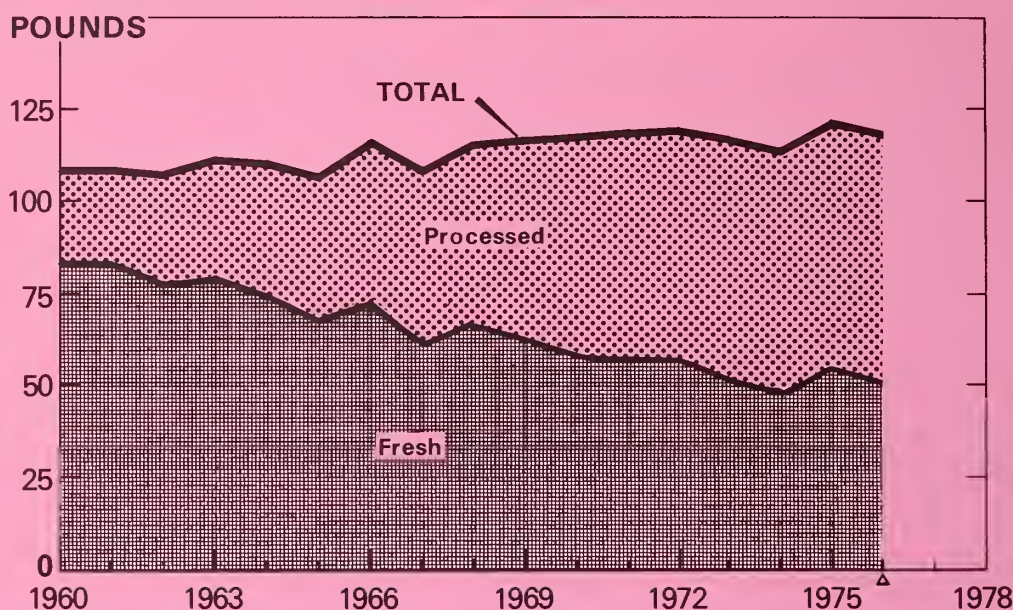
- o For those eating all meals at home (or carrying some meals from home), use amounts shown.
- o For those eating some meals out, deduct 5 percent from amount in table for each meal not eaten at home. Thus, for a person eating lunch out 5 days a week, subtract 25 percent or one-fourth the cost shown.
- o For guests, include for each meal eaten, 5 percent of amount shown in table for the proper age group.

Next, adjust the total figure if more or fewer than four people generally eat at the family table. Costs shown are for individuals in 4-person families. Adjustment is necessary because larger families tend to buy and use foods more economically than smaller ones. Thus, for a 1-person family, add 20 percent; 2 persons, add 10 percent; 3, add 5 percent; 4, use as is; 5 or 6, subtract 5 percent; 7 or more, subtract 10 percent.

Note: The publication "Family Food Budgeting for Good Meals and Good Nutrition," Home and Garden Bulletin No. 94, describes USDA's thrifty food plan (used in setting the coupon allotment in the Food Stamp Program) and the three more costly plans, on which these costs are based. Single copies are available from the Office of Communication, U.S. Department of Agriculture, Washington, D.C. 20250. Request publication by name and number and include your ZIP code.

AGRICULTURAL CHARTS

PER CAPITA CONSUMPTION OF POTATOES



△ PRELIMINARY.

USDA

NEG. ERS 7881-76 (9)

Production and per capita consumption of potatoes, 1960-75

Year	Production	Per capita consumption						
		Total fresh and processed	Fresh	Processed ¹				
				Total	Canned ²	Frozen	Chips and shoe- strings	Dehy- drated
	Million cwt.	Pounds	Pounds	Pounds	Pounds	Pounds	Pounds	Pounds
1960	257.1	108.4	83.8	24.6	1.5	6.6	11.6	4.9
1961	293.2	109.3	83.8	25.5	1.5	6.8	12.3	4.9
1962	264.8	107.3	78.4	28.9	1.6	9.4	13.1	4.8
1963	271.2	111.4	79.9	31.5	1.7	11.0	13.9	4.9
1964	241.1	111.0	74.6	36.4	1.7	14.6	14.8	5.3
1965	291.1	107.0	68.2	38.8	1.7	14.3	15.8	7.0
1966	307.2	116.8	72.4	44.4	1.7	17.3	16.7	8.7
1967	305.8	108.0	62.0	46.0	1.7	19.0	16.9	8.4
1968	295.4	115.2	65.9	49.3	1.9	21.2	17.1	9.1
1969	312.4	116.8	61.6	55.2	2.0	24.6	17.7	10.9
1970	325.8	117.6	58.4	59.2	2.0	27.7	17.7	11.8
1971	319.4	118.9	57.0	61.9	2.2	30.3	17.3	12.1
1972	296.0	119.2	57.2	62.0	2.1	30.6	17.0	12.3
1973	299.4	116.5	51.6	64.9	2.3	33.2	16.6	12.8
1974	342.1	114.2	48.3	65.9	2.3	33.0	16.1	14.5
1975	319.8	122.5	55.2	67.3	2.1	34.8	15.9	14.5
1976 ³	353.4	119.0	52.4	66.6	1.9	36.8	16.3	11.6

¹ Fresh-weight basis. ² Includes potatoes canned in soups, stews, and other combinations. ³ Preliminary.

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